

Lancaster Middle School Track Invite May 12th, 2016

Coaches and A.D.'s,

We want to thank you for your interest in the Lancaster Middle School Track Invitational on May 12th, 2016. The meet will be held at the Lancaster High School track. Benton, Boscobel, Cassville, Cuba City, Darlington, Dodgeville, East Dubuque, Fennimore, Iowa-Grant, Lancaster, Mineral Point, Platteville, Prairie du Chien, River Ridge, River Valley, and Southwestern are the schools that are scheduled to participate in this meet.

All entries will be done online using the website www.directathletics.com. Entries must be received by Wednesday, May 11th by 10:00 PM.



Entry Fee: **\$80.00**

If you have any questions, please call Andy Haas at (608) 723-2173 ext. 233 or John Hoch at (608) 723-2173 ext. 210.

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Lancaster Middle School

Track Invite

May 12th, 2016

1. The meet will be in four divisions. 7G, 8G, 7B, 8B.
2. Each participant may enter up to three events with a combination of two field and one running, or two running and one field. **Relays count as running events.** You are allowed 2 entries per division for running events, including a non-scored exhibition in relays. You are allowed 3 entries per division in field events.
3. Plaques to winning teams will be awarded. Medals and ribbons will be awarded for places 1 through 6.

Events

1. **Scratches and Changes**- For running and field events, the changes can be made at the press box at 3:45.

No additions in any event will be allowed.

2. **High Jump**

Starting heights: **Boys 3'10"** **Girls 3'6"**

The bar will be moved up 2" at a time until there are three competitors left. Then, the bar will be moved up 1" at a time. Each competitor will be allowed three attempts at each height if needed.

3. **Shot Put and Discus**

Three attempts will be allowed for each competitor. All three attempts must be taken consecutively.

4. **Running Events**

All events will be **finals**, so inform your athletes they are running for times. All runners should report to the **North** end of the track with the clerk. The athletes need to be sure they are on time.

5. Please remind your athletes that a concession stand will be available.

Schedule of Events

4:00 p.m. Field Events Begin- Make all scratches at the event

Discus Girls open pit/Boys open pit

Shot Put Boys open pit/Girls open pit

Long Jump Boys first, open pit for 1.5 hours

Triple Jump Girls first, open pit for 1.5 hours

High Jump All Girls All Boys (Two pits running at the same time)

Pole Vault Boys/Girls

4:30 p.m. Running Events Begin-All events are Finals

Order 7th Girls 8th Girls 7th Boys 8th Boys

Hurdles 100M Girls 100M Boys

1600M

400M

Sprint Medley Relay - 100-100-200-400

200M

400M Relay

100M

800M

800M Relay

The runners will be allowed to warm up on the track until the meet begins. However, we ask the participants stay off the football field during the meet. Please find a place in the stands as a team center.

